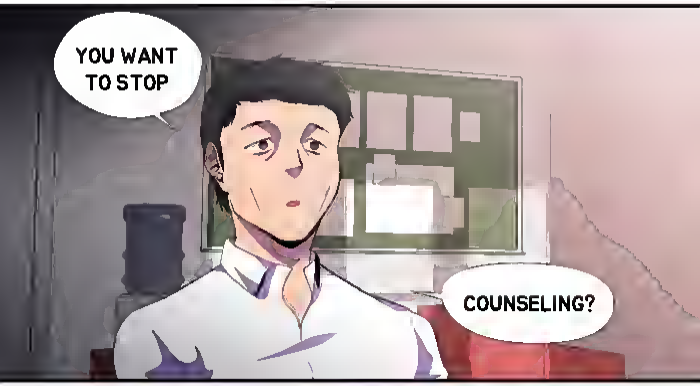
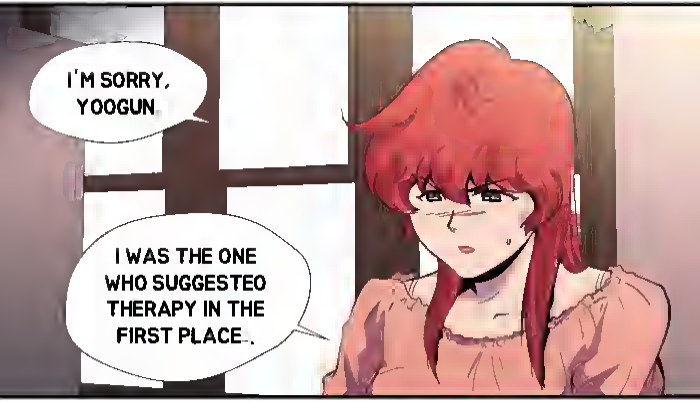
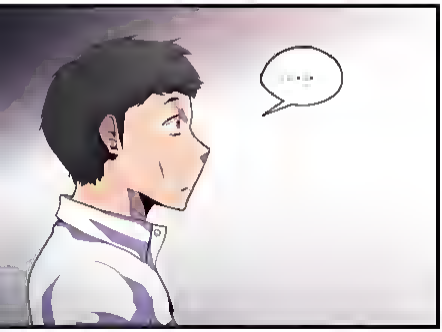
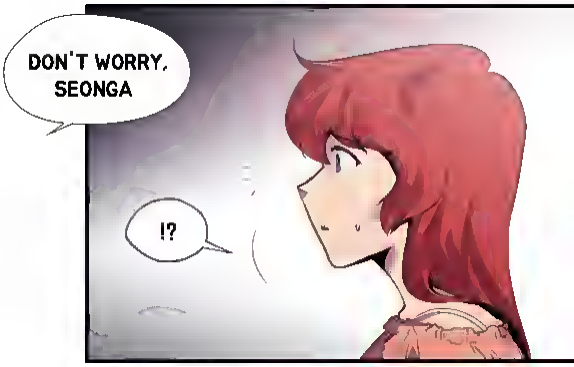
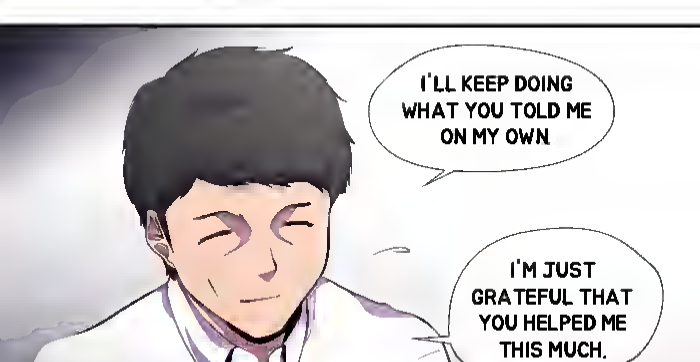
WHAT?
WHAT DO YOU MEAN...?

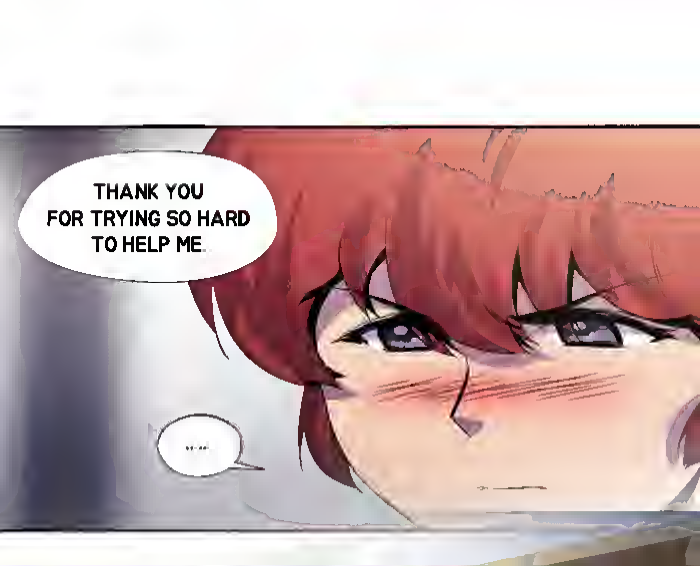

YOU WANT TO STOP
COUNSELING?


I'M SORRY, YOOGUN.
I WAS THE ONE WHO SUGGESTEO THERAPY IN THE FIRST PLACE..



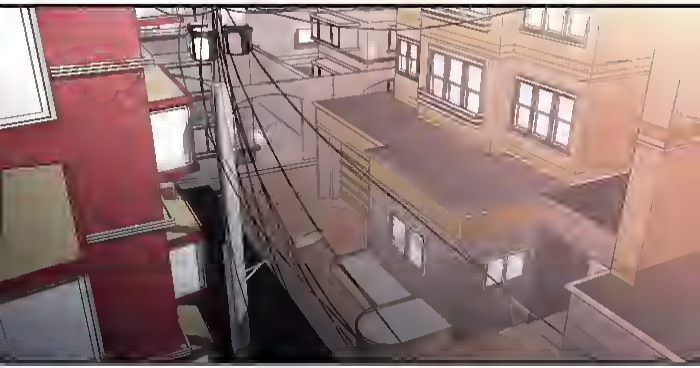

DON'T WORRY, SEONGA
!?

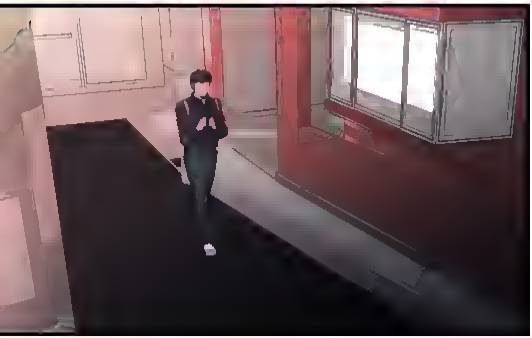

I'LL KEEP DOING WHAT YOU TOLD ME ON MY OWN.
I'M JUST GRATEFUL THAT YOU HELPED ME THIS MUCH.

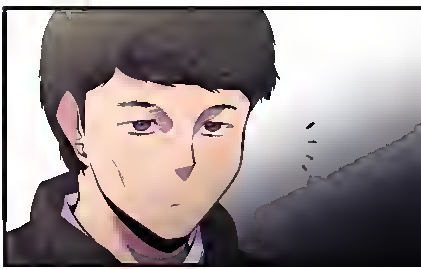

THANK YOU FOR TRYING SO HARD TO HELP ME.

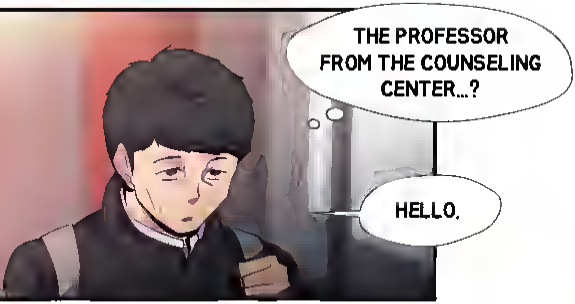
PROFESSOR!!
WHAT ARE YOU TALKING ABOUT!?
JUST LEAVE HIM WITH ME FOR A BIT LONGER
EVEN IF THE THERAPY ISN'T WORKING VERY WELL...

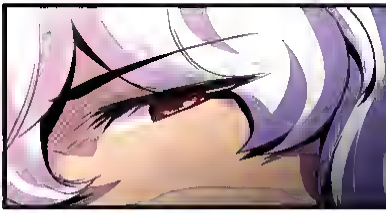
ISN'T IT UP TO THE PATIENT,
TO DECIDE WHETHER TO STOP THE COUNSELING?
.....
IT'S NOT BECAUSE THE THERAPY IS INEFFECTIVE
WHAT!?





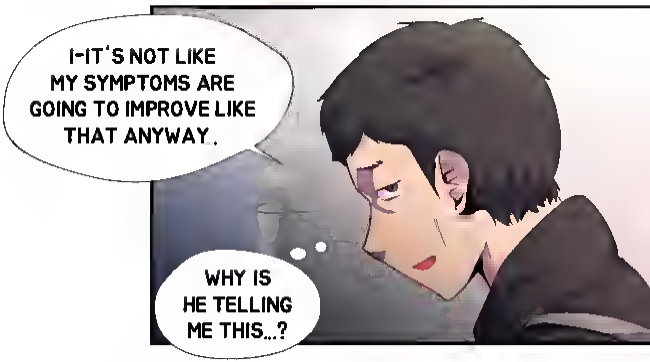



THE PROFESSOR FROM THE COUNSELING CENTER...?
HELLO.

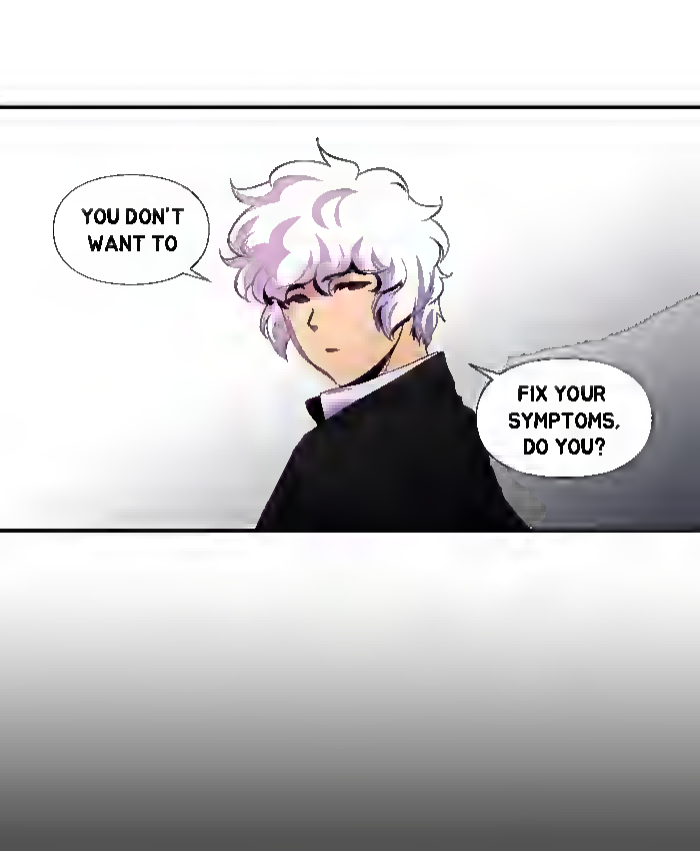


I WAS THE ONE
WHO STOPPED THE THERAPY.

R-REALLY?

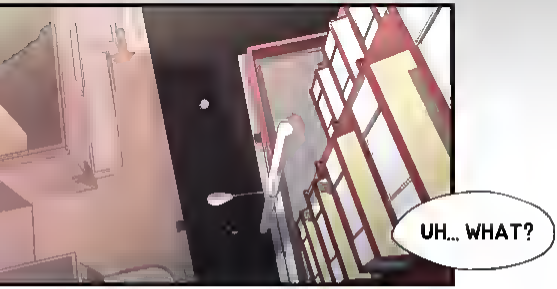

I-IT'S NOT LIKE MY SYMPTOMS ARE GOING TO IMPROVE LIKE THAT ANYWAY.
WHY IS HE TELLING ME THIS...?

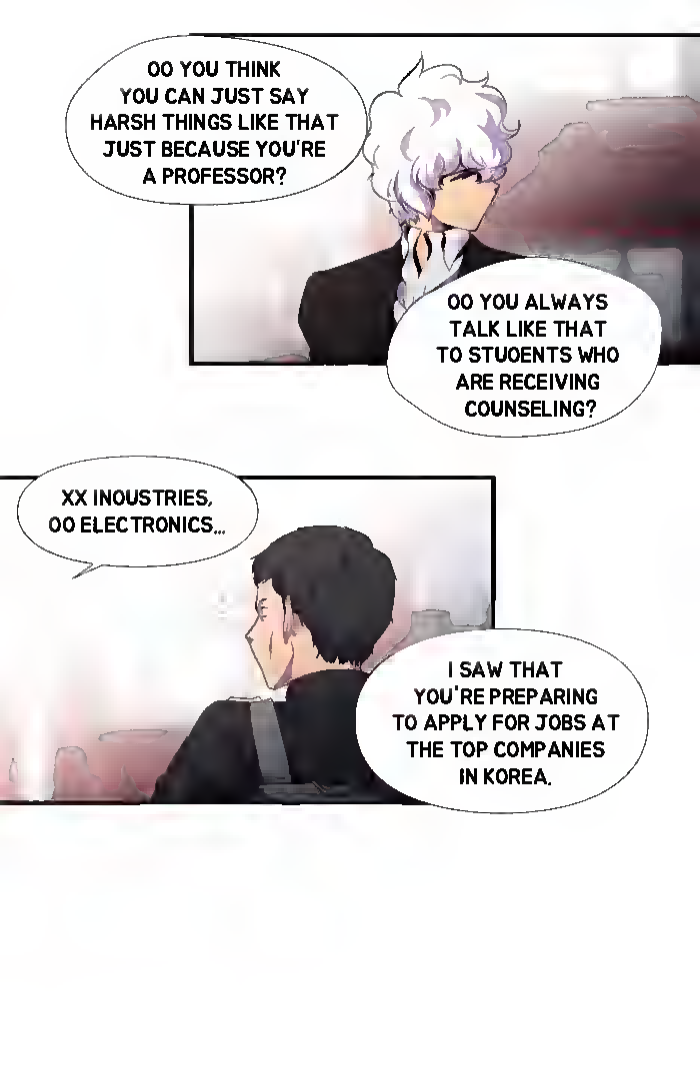
ARE YOU
[RELIEVED]?


YOU DON'T WANT TO
FIX YOUR SYMPTOMS, DO YOU?

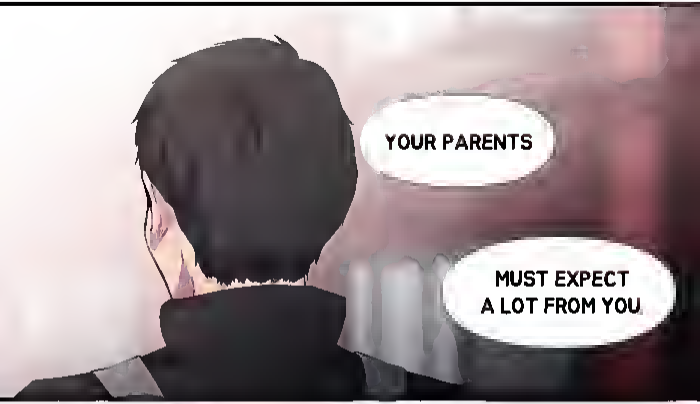
BY JONGBEOM LEE

- INSOMNIA (S)


UH... WHAT?

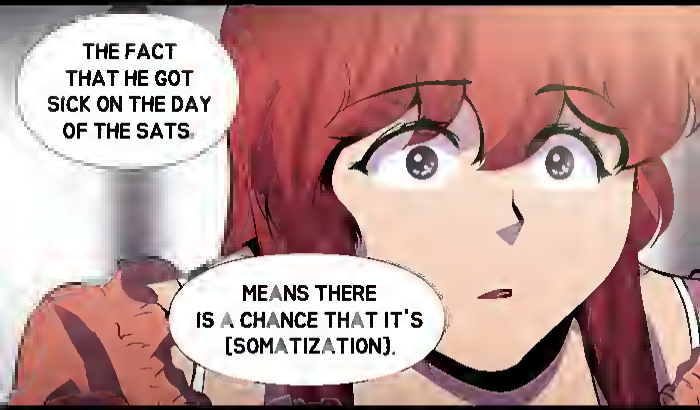

OO YOU THINK YOU CAN JUST SAY HARSH THINGS LIKE THAT JUST BECAUSE YOU'RE A PROFESSOR?
OO YOU ALWAYS TALK LIKE THAT TO STUOENTS WHO ARE RECEIVING COUNSELING?
XX INOUSTRIES, OO ELECTRONICS...
I SAW THAT YOU'RE PREPARING TO APPLY FOR JOBS AT THE TOP COMPANIES IN KOREA.

WHAT ABOUT THAT?
ISN'T THAT NORMAL FOR STUDENTS AT YONGGANG UNIVERSITY?
IS THERE SOMETHING WRONG, PROFESSOR?
A [MAJOR CORPORATION] AFTER A [PRESTIGIOUS UNIVERSITY]...


YOUR PARENTS
MUST EXPECT A LOT FROM YOU

IT'S NOT BECAUSE THE THERAPY ISN'T WORKING?
THEN WHY ON EARTH ARE YOU TELLING ME TO STOP THE COUNSELING, PROFESSOR?

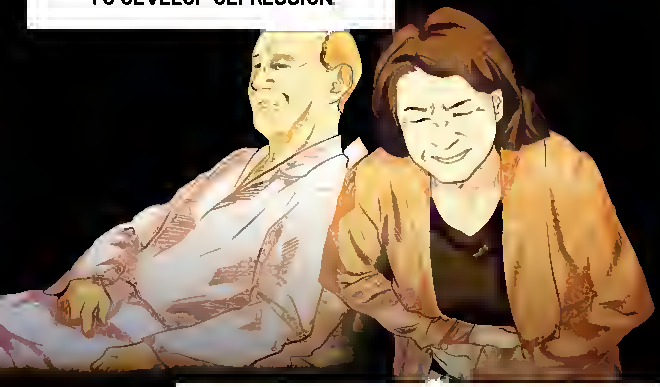
YOU HEARD YOURSELF.


THE FACT THAT HE GOT SICK ON THE DAY OF THE SATS
MEANS THERE IS A CHANCE THAT IT'S [SOMATIZATION].

[SOMATIZATION]

A HUMAN'S MIND AND BODY AFFECT EACH OTHER IN A VERY COMPLICATED WAY.

IT'S COMMON FOR PEOPLE WITH PROLONGED PHYSICAL AILMENTS TO DEVELOP DEPRESSION.



AND THERE ARE ALSO NUMEROUS CASES OF PEOPLE DEVELOPING PROBLEMS OR PAIN IN THEIR BODY FOR PSYCHOLOGICAL REASONS IN SPITE OF THERE BEING NO MEDICAL CAUSE

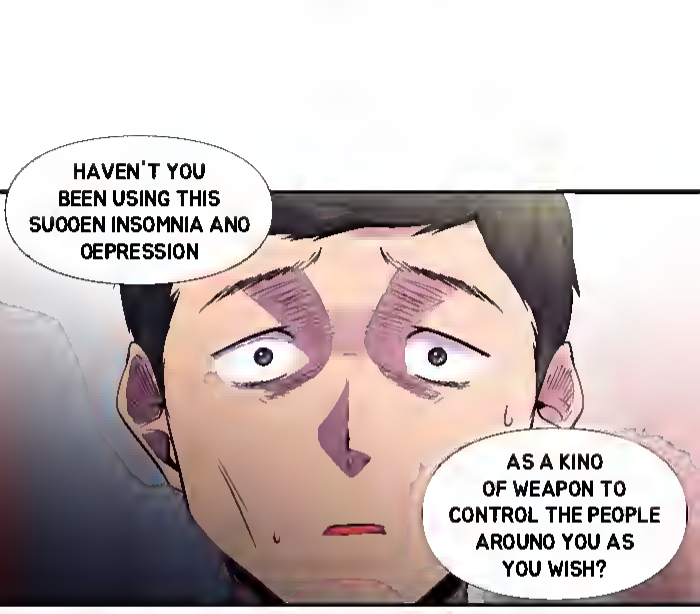
[SOMATIZATION] REFERS TO EXPERIENCING PHYSICAL PROBLEMS AND COMPLAINING OF PAIN DUE TO ANXIETY, A SENSE OF PRESSURE, RESTLESSNESS OR MORE COMPLEX PSYCHOLOGICAL REASONS.
IN SPITE OF NO PHYSICAL PROBLEMS APPEARING IN MEDICAL EXAMINATIONS.
IRRITABLE BOWEL SYNDROME (IBS) IS A MAJOR EXAMPLE OF SOMATIZATION.

T-THEN THAT MEANS HE NEEOS COUNSELING EVEN MORE, RIGHT?
IT WOULON'T BE THAT HARO TO CHANGE THE OIAGNOSIS...
WITH BOTH PARENTS BEING SOCIAL ELITES, YOUR SIBLINGS BOTH WORKING AT MAJOR COPORATIONS,
THE PRESSURE TO GET INTO A PRESTIGIOUS SCHOOL LIKE YONGGANG UNIVERSITY.

THE PRESSURE TO GET A JOB AT A TOP COMPANY.
BUT IN SPITE OF WHAT YOU WANT, YOU HAVEN'T BEEN ABLE TO GET A JOB.
FACED WITH THIS PRESSURE, SOME PEOPLE
WILL USE THEIR SYMPTOMS AS AN EXCUSE TO AVOID THE WEIGHT OF REALITY.

T-THEN ARE YOU SAYING...
I'M LYING ABOUT MY INSOMNIA!?!?
NO, YOUR INSOMNIA IS PROBABLY REAL.
IT PROBABLY IS A [TRUE] SLEEPING DISORDER CAUSED BY COMPLEX STRESS.

THE IMPORTANT THING IS, THAT THE PSYCHOLOGICAL STATE OF HOW MUCH SOMATIZATION THEY HAVE EXPERIENCED.
IN OTHER WORDS, IT'S THE PRESSURE ON THEIR MIND.
THE INSOMNIA ITSELF HAS PROBABLY BEEN QUITE PAINFUL.
BUT IT'S STILL BETTER THAN THE STRESS OF HAVING TO MEET THE EXPECTATIONS OF THE PEOPLE AROUND YOU, ISN'T IT?


HAVEN'T YOU BEEN USING THIS SUDDEN INSOMNIA AND DEPRESSION
AS A KIND OF WEAPON TO CONTROL THE PEOPLE AROUND YOU AS YOU WISH?

WHOOSH
WHEN MENTAL SUFFERING REVEALS ITSELF EXTERNALLY,
WE CALL THIS A [SYMPTOM]

THERE ARE MANY DTHER PEDPLE ASIDE FRDM YDU
WHD ARE LIVING DEPENDENT DN SYMPTDMS LIKE THAT.

PERHAPS DEEP DDWN IN YDUR MIND,
YDU DDN'T WANT TD BE TREATED. MAYBE YDU DIDN'T WANT TD GET BETTER.

SINCE PEOPLE WITH SYMPTOMS LIKE THAT,
ARE USUALLY IMMUNE FROM BEING BOTHERED BY THE PEOPLE AROUND THEM
COME BACK TO THE COUNSELING CENTER ANYTIME.
WHENEVER YOU REALLY WANT TO GET BETTER

SEONGA MAY BE A MUCH BETTER COUNSELOR
ASSISTANT
SEONGA YOO
THAN YOU THINK

TO BE CONTINUED

JONGBEOM LEE

EXPERTS CONSULTED:
[HYEONGSEOK SONG]
(PHO IN PSYCHOLOGY, HEAO OF THE "HEART TO HEART" CLINIC)

[DASIM NU]
(HEAO OF THE "OASIM NU PSYCHOLOGY ACAOEMY,"
PSYCHOLOGY COLUMNIST)

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